

1 **ABSTRACT OF DISCLOSURE**

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3 A weight belt dimensioned and configured for wear on the waist of a user which

4 includes a band having first and second axial extremities and first and second sides.

5 The weight belt includes first latching means disposed on a first axial extremity on the

6 first side and second latching means disposed on the second axial extremity on the

7 second side. The first and second latching means are dimensioned and configured for

8 mating engagement with the second side overlapping the first side. The belt includes a

9 plurality of pockets of substantially uniform size and shape on the second side, each of

10 the pockets, when the belt is installed on the waist of a user, being substantially

11 equidistant from each adjacent pocket. This is true for each pocket throughout the

12 entire circumference of the torso of the user in the preferred embodiment. Some forms

13 of the invention include a plurality of discrete weights each having a substantially

14 identical shape and weight and each weight may be dimensioned and configured for

15 insertion into respective pockets. Similarly each of the plurality of pockets of

16 substantially uniform size and shape may be elongated. In some forms of the invention

17 the belt has a centerline and each of the plurality of pockets of substantially uniform size

18 and shape is elongated in a direction that is substantially perpendicular to the

19 centerline.